WASHINGTON, D.C. – On Thursday, March 5, 2009, Congressman Sestak welcomed two students from the National Youth Leadership Conference to his office to discuss politics and political career choices.

"As a member of the Education and Labor Committee, the education of our youth and the and the importance of learning among our young people are what will continue to fuel change in both our community and on a national level. I believe that young people can do great things through their determination and hope for a better vision of the future."

The students were representatives from the National Youth Leadership Conference. The Conference is made up of high school students interested in law and politics who wish to pursue a career in one of these fields. Students, Elizabeth Duffy, from Havertown, PA, and Karly Wiechec, from West Chester, PA, were nominated by their respective high schools to participate in the week long program in the greater Washington, D.C. area for a week of political activity and interest.

The National Youth Leadership Conference offers students the opportunity to better understand the roles and responsibilities of political figures in the United States government. Students have the opportunity to meet with various leaders and gain an inside perspective of the legislative process and inner workings of Washington, D.C. as a whole.

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.

###